

# Anusara Yoga

## Immersion Course 2010/2011

### @Shivas Loft Düsseldorf/Germany

#### What is the Anusara Immersion?

Anusara yoga is a fun and modern approach to the ancient practice of yoga. Honoring the traditions and teachers of yoga, Anusara adds a precise set of Universal Principles of Alignment. The 3 Immersion sessions lead a student progressively deeper into all aspects of yoga.

#### Immersion I Oktober 15th-17th & 22th-24st

Be introduced to the Universal Principles of Alignment and Anusara yoga's life affirming Tantric philosophy in yoga practice and discussion. Pranayama, meditation & qualities of a yoga student continue through each part.

#### Immersion II Februar 11th-13th & 18rd-20th

Expand into more of Anusara's incredible vision and deepen your practice of yoga as you learn more about the UPA's. Learn about chakras & kundalini, physical anatomy, an overview of yoga history, including ashtanga yoga from a tantric perspective and the tattva system.

#### Immersion III March 25th-27th & April 1th-3th

Continue expanding and learning Anusara Yoga philosophy and why it combines so well with advanced yoga practice and the UPA's. Explore the Bhagavad Gita, Yoga sutras, Saivism of Kashmir and the Goddess traditions of S. India.



Students may take 1 session at a time and do not have to register for the entire Immersion. All 3 sessions are required for an Anusara Yoga Teacher Training Program. Completing all 3 sessions students will have 100 hours of yoga training experience and receive a certificate of completion.

Registered with Anusara Yoga & YogaAlliance Classes are in english with translation in german.

**Jeff Fisher** has been a yogi for over 20 years. He started his studies with Gurumayi, receiving diksha, initiation, at 20 years old. Jeff has an ability to take profound philosophy and make it simple. His hatha yoga practice began while living in the ashram of Gurumayi and then continued back in his home of Los Angeles studying Ashtanga yoga and Iyengar yoga. Jeff met John Friend, founder of Anusara Yoga in Gurumayi's ashram and began studying with John in the late 1990's. Jeff has been a Certified Anusara yoga teacher since 2006. Jeff encourages students to connect to their heart and express their uniqueness throughout the practice.

